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SILVER WINGS

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"Produce Pilots, Advance Airmen, Feed the Fight"

Vol. 36, Issue 15 | Columbus Air Force Base, Miss. | April 13, 2012

Weather

Today
High: 80, Low: 54
Partly Cloudy

Saturday
High: 85, Low: 59
Mostly Sunny

Sunday
High: 86, Low: 64
Sunny

Monday
High: 84, Low: 63
Scattered T-Storms

News Briefs

Wing Retreat

A wing retreat ceremony will be held Monday, April 16 at 4:30 p.m. in front of the wing headquarters building

Holocaust Remembrance Events

April 15-22 is designated for the Holocaust Days of Remembrance. The following events are open for participation: Silent Walk: April 16, 4 p.m., start and finish at Smith Memorial Plaza Flag Pole (two-block walk). Wing Retreat: April 16, 4:30 p.m., at the Smith Memorial Plaza Flag Pole. Holocaust Movie and Memorial: April 18, 5:45 p.m., in the base chapel featuring a riveting family movie of rescue. A short memorial will follow. Children welcome.

SARC Awareness Presentation

Mandatory for E-1 to E-6 and O-1 to O-3. Showtimes are at 7:30 a.m. and noon in the Kaye Auditorium. 90 minutes long.

Inside

Feature 8

The 43rd Flying Training Squadron Firebirds are highlighted in this week's feature.

McMullen gives insight into 325th FW future

Airman 1st Class Chase Hedrick
14th Flying Training Wing
Public Affairs

Brig. Gen. John McMullen, Commander of the 325th Fighter Wing visited Columbus Air Force Base April 5 to 7 in support of Specialized Undergraduate Pilot Training Class 12-15's graduation.

He took a moment during his visit to provide his perspective about F-22 training and the future of the 325th FW in relation to fighter training and Air Education and Training Command.

McMullen also took the opportunity to try one of the T-38 Talon simulators here at Columbus AFB. Tyndall AFB recently received four T-38s and is scheduled to receive another sixteen over the next two years said McMullen. The purpose of these is to provide the 325th FW with aircraft to act as a simulated threat for F-22 pilots during training.

"I think it's a great idea, it's a low cost idea for the Air Force but I think we need to integrate the T-38's with some other fourth generation fighters with radars to provide a more realistic threat. It's a matter of getting the quantity right so that we can be outnumbered when we go do our air to air combat."

McMullen said he hopes to eventually provide SUPT graduates headed to the F-22 with extra flying experience and a unique perspective on the F-22 by having them fly red air support while waiting for their class to start.

While the 325th FW is the only wing in the Air Force that trains F-22 pilots, the wing is scheduled to move from AETC to Air Combat Command in October 2012.

See **MCMULLEN**, Page 2

U.S. Air Force photo/Airman 1st Class Charles Dickens

Brig. Gen. John McMullen, 325th Fighter Wing Commander speaks during the Specialized Undergraduate Pilot Training Class 12-15 graduation ceremony on April 6 in the Kaye Auditorium.

Columbus AFB Training Timeline

Phase II

Squadron	Senior Class	Squadron Overall	Track Select
37th (13-02)	1.14 days	1.08 days	May 14
41st (13-01)	1.24 days	1.07 days	Apr. 23

Phase III

Squadron	Senior Class	Squadron Overall	Graduation
48th (12-08)	1.24 days	2.43 days	Apr. 27
50th (12-08)	-0.80 days	-1.79 days	Apr. 27

IFF

Squadron	Senior Class	Squadron Overall	Graduation
49th (12-GB)	6.20 days	6.01 days	May 2

Wing Sortie Board

Aircraft	Required	Flown	Annual
T-6	1,173	1,192	16,426
T-1	397	365	5,272
T-38	376	398	6,046
IFF	115	105	1,632

The graduation speaker is Brig. Gen. David K. "Bob" Edmonds is Deputy Director for Operations, Operations Team Two, National Military Command Center, the Joint Staff, Washington, D.C.

Trail BLAZE'r

Name: Staff Sgt. Leona Kendrick
Unit: 14th Flying Training Wing Judge Advocate Office
Job title: NCOIC, Military Justice
Time at Columbus AFB: Six months
Time in Service: Five years
Hometown: Susan Moore, Ala.
Career goals: Finish my bachelor's degree in Legal/Paralegal Studies
Family members: Sister, Patty Gobert; Brother, James Kendrick
Favorite musician: No one in particular, a little bit of everything.
Favorite movie: I can't pick just one!
Biggest pet peeve: Bad grammar or spelling.
Favorite book: "Pride and Prejudice" by Jane Austen
Inspirations: Success stories from others.
Personal motto: "You were given this life because you were strong enough to live it."

MCMULLEN

(Continued from Page 1)

McMullen said that this change will add an operational mission on top of the current training mission, but will provide the Air Force with another ready wing of F-22 pilots to engage in combat operations if the need arises.

"Hopefully for the MAJCOMS there won't be a lot of change because the service that we provide at Tyndall is we produce F-22 pilots and we produce air battle managers and that mission is going to continue to go on," he said. "The F-22 training will stay with the 325th Fighter Wing while the ABM training will stay with AETC within the 33rd wing at Eglin AFB."

As for Columbus AFB not much will change, but the 325th FW Commander said he highly enjoyed his visit.

"Kim and I are so happy to be here and have just really enjoyed the welcome we've gotten from Team BLAZE, what a beautiful base. The whole team's doing great work, the pilots that you're graduating are spot-on, the young pilots that we get down at Tyndall in F-22 training are much better than I was when I was going through the training. Great work."

14TH FLYING TRAINING WING DEPLOYED

As of press time, **58 TEAM BLAZE members are deployed** worldwide. Remember to support the Airmen and their families while they are away.

April

Mon	Tue	Wed	Thur	Fri	Sat/Sun
16 **Night Flying Week** **Tax Day** **Silent March,** 4:00 p.m. @ Smith Plaza **Wing Retreat,** 4:30 @ Smith Plaza	17 **Newcomers Orientation,** @ Club **CSC Social,** 6 p.m. @ Club	18	19 **CAFB Earth/ Arbor Day**	20	21/22 **Earth Day (22nd)**
23 **Class 13-01 Track Select,** 9 a.m. @ Phillips **Quarterly Awards Ceremony,** 3:30 p.m. @ Kaye	24 **SARC Awareness Program,** 7:30 a.m. and Noon @ Kaye	25 **Happy Irby Earth Day Cleanup,** 8 a.m.	26	27 **CLASS 12-08 SUPT Graduation,** 10 a.m. @ Kaye **National Arbor Day**	28/29

Long Range Events

April 30: Enlisted Promotions
May 1: Asian Pacific Heritage Month Begins
May 2: IFF Graduation
May 3: National Day of Prayer
May 4: Class 12-09 Assignment Night
May 4-5: Columbus Market Steet Festival
May 7: Night Flying Week
May 8: Newcomer's Orientation
May 8: Civilian Call

SILVER WINGS

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Submission Deadline

The deadline for submitting copy for next week's SILVER WINGS is noon Monday. Articles may be dropped off at the public affairs office or e-mailed.

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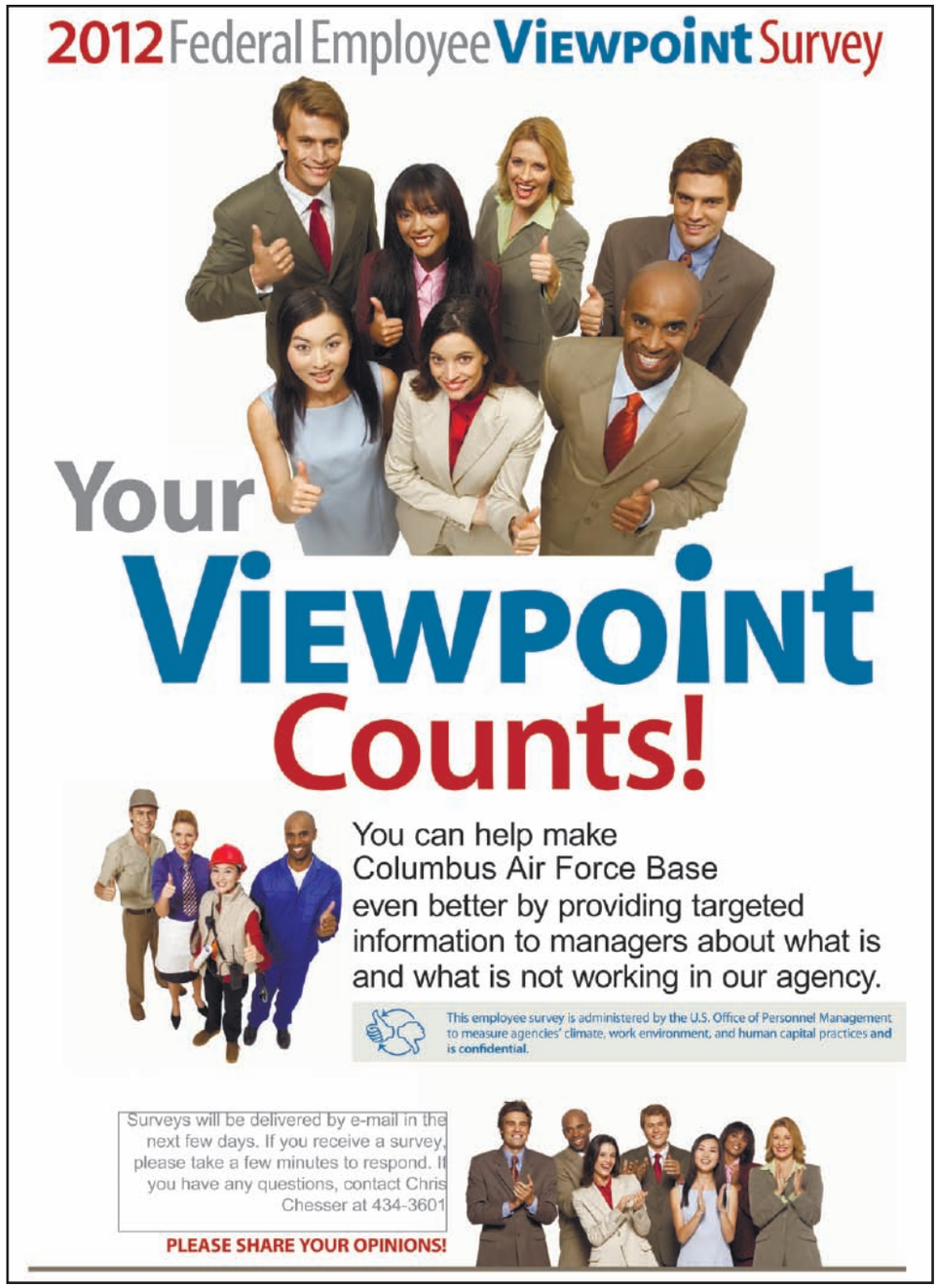


Commander's Action Line 434-7058

The Commander's Action Line is your direct line to the commander for comments and suggestions on how to make Columbus AFB a better place. Although the Commander's Action Line is always available, the best way to resolve problems is through the chain-of-command.

The Commander's Action Line phone number is434-7058. Callers should leave their name and phone number to receive an answer. All names will be kept confidential. Message may be answered in the Silver Wings without names.

Written questions may also be brought to the PA office in the Wing Headquarters building, BLDG. 724, suite 210. Questions and answers may be edited for brevity and style.

U.S. Air Force photo

Col. Barre Seguin, 14th Flying Training Wing Commander presents Maj. David Kirk, 43rd Flying Training Squadron two Air Medals for his work during a deployment to Kandahar, Afghanistan. Kirk volunteered to take the deployment in place of an active duty member.

Not armed but dangerous: 43rd FTS reservist volunteers for MC-12 mission

Airman 1st Class Chase Hedrick
14th Flying Training Wing
Public Affairs

Total Force Integration provides many benefits to the U.S. armed forces and here at Columbus Air Force Base our reservists fill in for active duty members on a daily basis.

One member of the 43rd Flying Training Squadron took the meaning of TFI to the next level, volunteering to take the place of an active duty member on a deployment to Kandahar, Afghanistan.

Maj. David Kirk, a T-6 Texan Assistant Flight Commander served as a MC-12 Mission Commander and Assistant Director of Operations with the 361st Expeditionary Reconnaissance Squadron in support of Operation ENDURING FREEDOM.

"It was the best experience of my military career bar none," said Kirk. "We got to be on the front lines of OEF, we got to work with troops on the ground and we had a direct effect on what was going on the battlefield and the counter insurgency operation."

Kirk said that while the exact missions varied, they quickly relayed information gained in the air to Army and Marine forces on the ground.

"We really had significant impact in what was going on. It wasn't just a support role, not at all. It was a very direct effect, even though we weren't armed, we were all but armed," said Kirk.

"It was the best experience of my military career bar none," said Kirk.

The MC-12 mission has a very fast ops tempo said Kirk, noting some Specialized Undergraduate Pilot Training graduates are being assigned MC-12's and will quickly be seeing what the mission is all about.

"Those are some lucky students, they're going to get to go straight to where the action is, get some combat experience," he said. "That's a great start for a young lieutenant's career."

Having seen some of the operations in Afghanistan from a bird's eye view, Kirk applauded the successes he had the opportunity to influence.

"We have the opportunity to do a lot of good work over there. All the coalition forces are doing good work in Afghanistan, trying to make it a place that won't be a threat to the United States or our allies anymore," he said. "I think we're doing a darned good job with that."

New fire truck introduced to Air Force

Airman 1st Class Charles Dickens
14th Flying Training Wing Public Affairs

In times of budget cuts and downsizing in the United States Air Force the fire and rescue teams are looking into a cost-efficient solution to the current way fires are fought. The solution: Ultra-high pressure and foam.

Columbus Air Force Base recently received the P34 Rapid Intervention Vehicle, a new fire engine that is being integrated into Air Force fire stations as of the early months of 2012.

"They're fitting this P34 into the Air Force's arsenal for fighting fires with the intention that many of the big trucks that they currently have are not necessarily needed for every single fire," said Ray Tritt, pump test technician of Pierce Manufacturing, manufacturer of the first 90 P34 RIVs introduced.

The P34 uses ultra-high pressure water with direct foam injection to not only put out fires but to keep them out.

An aircraft fire is different than a house fire because of the liquid fuel, said Tritt. Liquid fuel doesn't burn, the vapors do, so you have to put foam on it to smother and suppress the vapors so it can't reignite.

The point of the foam injection and ultra-high pressure water is to be able to use significantly less resources to put out a fire than the current larger vehicles.

"A typical truck has between 1,500 and 3,000 gallons of water and when firing at full force has between 2 and 4 minutes maximum that they're going to flow water. This truck has 400 gallons of water on it and when firing at full force is going to last 7 minutes before they're out of water," according to Tritt. "The flow rate is ten times less than it would be on any other truck but the pressure is ten times higher."

Essentially what this means for the Air Force is that smaller vehicles allow for better maneuverability when positioning the truck appropriately as well as providing higher water efficiency when fighting the fire.

"If you were to run out of water you could come back and refill and between 35 and 45 seconds your 400 gallon water tank is full," said Tritt.

The P34 will substantially help with budget cuts throughout the Air Force through the conservation of water resources as well as the cost of maintaining the vehicle.

"Over a five year time span this new vehicle would pay for itself many times over in the cost savings of maintenance and repairs of these bigger vehicles," said Tritt.

U.S. Air Force Photo/Airman 1st Class Charles Dickens

The new P34 Rapid Intervention Vehicle sits next to one of Columbus Air Force Base's current fire engines. The P34 RIV is a high-pressure fire engine that uses a fraction of the water capacity of previous trucks combined with fire-fighting foam for much higher resource efficiency.

Upcoming mandatory SARC program

14th Flying Training Wing SARC

Mandatory for E-1 to E-6 and O-1 to O-3 and highly encouraged for all others, the upcoming SARC program on April 24 in Kaye Auditorium at 7:30 a.m. and noon is designed to raise awareness and understanding of consent.

A 90 minute interactive program for male and female audiences of all sizes. Brett Sokolow is a higher education attorney who specializes in sexual misconduct and campus security. Brett draws on his legal experience to facilitate this interactive jury exercise where the audience "hears" a trial based on a real sexual assault case. Brett has presented this program at over 1,800 colleges, military bases, and high schools with resounding success.

Some students on our campuses today engage in a hook-up culture of random sexual encounters with other students, usually fueled by alcohol. But, just because some students are getting drunk and hooking-up doesn't make it right, or legal. When does a hook-up cross the line? Students don't really know, and they've heard confusing messages. This program teaches students, military members about incapacity and blackouts, and dispels common myths about alcohol and sex.

During the first 15 minutes of the program, Brett introduces the audience to Todd and Amy, two students involved in a drunken sexual interaction after a party. Audience members learn the facts of the case, knowing that they will play the role of jury, deciding whether Todd sexually assaulted Amy, or that he is not guilty. Once Brett shares the facts of the case, jury members ask questions about the situation and the legal standards. Brett uses the Q&A to help jury members understand blackouts, incapacitation, the legal actual/constructive knowledge standard, the "myth of puking" and how incapacity can invalidate consent.

Once the jury's questions are answered, the audience takes a vote. 50/50? 60/40? 80/20? How will your members vote? Every jury is different, but no jury is ever unanimous about Todd and Amy. After the vote, jury members share with the rest of the audience. Was Amy incapacitated? Why or why not? Did Todd know it? Should he have? The debate rages and members are influenced by the viewpoints of their peers.

Brett ends the program with a strong message about drunk sex, and the lessons that we can take from the case of Todd and Amy and other cases like it. More importantly, members draw their own conclusions from the case and take away lessons about their own behavior and decisions, and how to reduce their own risk.

Early retirement offered to select enlisted Airmen

WASHINGTON — Air Force officials announced an application window for targeted early retirements for enlisted Airmen.

Eligible Airmen will have 15-19 years of service in fiscal 2012 and be in the grades of staff sergeant through master sergeant in overmanned career fields.

The Temporary Early Retirement Authority application window will be open April 10-30 in order to shape the force to meet current and future mission requirements. Approvals will occur after the application window is closed.

Approximately 250 Airmen will be approved under TERA based on grade, years of service, eligible Air Force specialty code, and other objective criteria based on the needs of the Air Force. Those who apply and are approved for early retirement will have a Sept. 1 retirement date. Airmen approved for TERA will have their retired pay reduced by 1/12th of 1 percent for each full month by which the number of months of active service are less than 240 as of the date of the member's retirement. The Air Force Personnel Center's fiscal 2012 enlisted TERA program page, located at https://gum-crm.csd.disa.mil/app/answers/detail/a_id/21836, will contain additional information on retirement eligibility.

"As we continue to size and shape our force, we must have the right balance of skills to meet Air Force missions," said Maj. Gen. Sharon Dunbar, the director of Force Management Policy, Deputy Chief of Staff for Manpower, Personnel and Services, Headquarters U. S. Air Force. "TERA allows us to use a voluntary program to shape the force where we have overages in Air Force specialties."

The Air National Guard and Air Force Reserve do not plan on conducting force management actions in fiscal 2012. However, all components are working together to ensure the total force is prepared for manpower reductions in fiscal 2013.

Click on Air Force Reserve or Air National Guard for more information.

CMSAF discusses resiliency to civic leaders

Senior Airman Amber Russell
11th Wing Public Affairs

WASHINGTON — Chief Master Sgt. of the Air Force James A. Roy addressed a crowd of civic leaders and Department of Defense personnel on the necessity of promoting a total force culture of resiliency on Capitol Hill April 5.

During the presentation, the Air Force's top enlisted leader discussed many issues surrounding resiliency such as accidental deaths, combat-related deaths and suicide. The emphasis for the day's brief was on the latter.

"There is already a suicide prevention program in place that conducts training, analyzes data and provides access to care," said Roy. "I refuse to call resiliency a program. It is a culture, a mind-set. At its core, resiliency is the ability to endure a situation and grow from that. That is what we're building on."

Roy identified suicide as a major societal problem that transcends branches of service. With Air Force suicide incidents reaching an all time high in 2010, Roy deemed suicide a major problem in the Air Force.

"No one is exempt," said Roy. "This is a problem that touches Airmen Basics up to Brigadier Generals."

The statement Roy declared time and again was, "Human life matters." This is why Air Force leaders have placed such a high priority on total force suicide prevention.

Roy did not shy away from introducing the facts surrounding suicide in the Air Force or recognizing it as a growing problem in the service.

"We are already at an alarming 35 suicides this year, with 15 suicides in the month of January alone," said Roy.

The Department of Defense is serious about finding a solution to this problem, said Roy. Within the department, each suicide is analyzed on 200 different data points to indicate the factors associated with the loss of life. Commonalities are typically found in a few different locations.

Several leading indicators of suicide in the military are relationship problems, a history of mental health treatment and substance abuse, said Roy. Financial and legal issues were described as serious contributing factors as well.

The stress of providing for loved ones who may be affected by the recession or a prolonged period of worry over an impending non-judicial punishment or court-martial were issues Roy said could lead to depressive behaviors linked to suicide.

Reducing timelines of administrative and punitive actions is a step that the service's legal community has taken to reduce stressors that contribute to increased suicide rates, according to Roy.

The Limited Privilege Suicide Prevention program (LPSP), in use for more than a year now, was created to identify and treat service members who pose an increased risk of suicide because of impending disciplinary action under the Uniformed Code for Military Justice (UCMJ), and has proven to be successful, said Roy.

The LPSP is designed to encourage help-seeking by reducing barriers to care. Information that is protected under this program may not be used in existing or future UCMJ action, or when weighing the characterization of a service member who is being separated.

Resistance to life-skills training and seeking mental health can stem from fears of judgment or perception of losing one's security clearance.

"We have to tone down the message that says if you have a mental health condition you're going to automatically lose your security clearance," said Roy.

Another program that the Air Force slated to initiate in May is the Master Resiliency Trainer (MRT) program. Currently used by the Army, MRT is a comprehensive program that focuses on the five dimensions of strength: emotional, social, spiritual, family and physical.

With the ability to determine contributing factors of suicide and who is most at risk comes direct responsibility to every command.

"We have to know our people," said Roy, speaking to leaders. "I like to call it 'analog leadership.' Sure it's important to utilize modern forms of communication like texting and emails, but as leaders, we have to get from behind our computers and get in front of our Airmen."

43rd Flying Training Squadron

Across

1 The 43rd was reactivated in April 1997 as the 43rd Flying Training _____

3 In 1998 the 43rd became the Flying Training _____ we know today

4 Originally the 43rd FTS was the 29th _____ Squadron

6 The 43rd Flying Training Squadron is an Air Force _____ Command

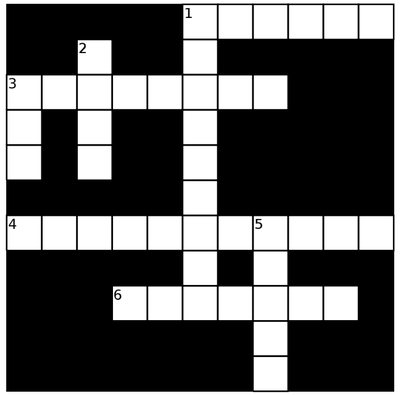
Down

1 Members of the 43rd FTS are known as _____

2 The 43rd FTS was originally established at Columbus Air Force Base in ____ of 1990

3 The 43rd FTS is one of ___ geographically seperated units under the 340th Flying Training Group

5 In ____ of 1940 the 29th BS was officially designated the 43rd FTS



Help, I Can't Sleep!

Lt. Col. William Isler
14th Medical Operations Squadron Commander

John recently came home from a deployment to Afghanistan. For the first few nights after his return he expected his sleep to be bad, but it had been a month now and he still was not sleeping well. John's wife and kids knew he was not sleeping and his wife had asked him to talk to his doctor about it, but he was hesitant to tell anyone about his problem. John was at work one day when someone asked him why he was so angry all the time. He knew his lack of good sleep was affecting both his work and home life. John had to do something to make his sleep better, but what?

One of the most common symptoms discussed with health care providers are problems with sleeping. Insomnia is the most prevalent of all sleep disorders, with approximately 30 to 40 percent of people reporting occasional insomnia, and about 10 to 20 percent reporting chronic insomnia in the past year. While the most commonly offered treatment for sleep problems has been prescription medications, behavioral treatments (e.g., sleep hygiene, stimulus control, and sleep restriction) have been shown to be just as effective and in some cases longer lasting.

A new Sleep Enhancement Class has begun at the Koritz Clinic here at CAFB and is held every other Friday at noon.

What happens at the Sleep Enhancement Class?

The class is held in a group setting and participants complete individualized sleep assessments describing their sleep habits. This information is used to evaluate factors impacting sleep and daytime functioning. The class helps each person identify strategies to use at home. Primary care managers are notified when one of their patients participates in the class.

Do I need a referral?

You can schedule yourself by calling 434-CARE (2273), or you can ask a member of your healthcare team at the Koritz Clinic to schedule you.

What are the goals of the Sleep Enhancement Class?

The primary goal of the class is to teach behavioral techniques people can implement on their own. The class targets those who have trouble falling asleep, staying asleep, or with challenges sleeping on the schedule they want. Also available are individual consultations for people who want to be seen on an individual bases or who do not tolerate CPAP well. Although the class specializes in adult sleep problems, parents of children with sleep problems can request a consultation.

What kind of treatment can I expect?

For those with insomnia, the first line of intervention is changing sleep habits. Behavioral treatment is based on the concept that chronic insomnia is maintained by a variety of physical and behavioral factors. Clinical researchers have shown behavioral treatment effective with long lasting results comparable to or exceeding those of sleep medications. Habit change is typically required to improve sleep. In all cases we will work closely with your healthcare provider team at the Koritz Clinic to ensure your care is well coordinated. Schedule yourself now for one of the Sleep Enhancement Classes at the Koritz Clinic by calling 434-CARE (2273).

Security and policy review

Did you know that as a military member you must coordinate all information relating to speeches, presentations, Academic papers, multimedia visual information materials and information proposed for release to a publicly accessible Worldwide Website with exception of Air Force publications through the 14th Flying Training Wing Public Affairs Office? For more information contact the 14th FTW/PA at 434-7068.

Westphall pins on colonel

U.S. Air Force Photo

Col. Johann Westphall, 14th Medical Group pauses as Brig. Gen. Kory Cornum and his wife pin the rank of colonel onto his uniform during a ceremony on April 8. Congratulations Col. Westphall on your promotion.

Healthy eating on-the-go

Staff Sgt. Tranquavious Mason
14th Medical Operations Squadron

As the rhythm of life plays ever faster, it can become more challenging to maintain good eating habits. For those of us who can't find time to slow down, eating healthy on a busy day can be painful. Does it really have to be? By planning ahead, you can incorporate healthy foods in a fast-paced lifestyle without missing a beat!

Breakfast and lunch are the most often skipped meals. Remember, just because you've started your day doesn't mean that your body is ready to go. Your body needs good nutrition to function efficiently, just as a vehicle requires the proper fuel. If finding time for breakfast is your Achilles heel, stock your kitchen with portable food options. Cereal bars and fresh fruits, such as apples and bananas, are nutritious but will not slow you down.

Planning ahead can also increase the availability of healthier food choices for lunch. If preparing your lunch the night before is a chore, healthy frozen meal choices abound. With so many options, it's easy to find a Lean Cuisine or Healthy Choice meal you enjoy. (Average is 250 calories). When accompanied by fruits and other low calorie snacks, these healthy meals can satisfy larger appetites. By bringing your lunch instead of eating out, you may also serve as a subtle role model for your co-workers.

Many people eat "junk food" because it's convenient, but they'll often choose healthier options if made available. Here are a few more healthy tips to help you eat right on the run!

- Try taking along bottled water and healthy snacks such as: Apples, bananas, grapes, berries, figs, prunes, dates, apricots, raisins. You can also bag up baby carrots, grape or cherry tomatoes, sugar snap peas, and crisp cucumber slices.
- Make it a habit to keep a stash of healthy snacks at work. This will make you less likely to hit the vending machine for a less-than-healthy snack. If you must grab a vending machine snack, here are examples of healthier choices: Balance Bar 200 cal vs. Snickers Bar 271 cal, animal crackers 254 calories l vs. honey bun 470 calories, or Orville Light Microwave Popcorn 100 calories vs. Ruffles Original 140 calories
- Don't skip meals! Regular eating can help you feel full and avoid overeating later.
- When choosing to eat out, remember portion control is vital. It doesn't have to be "supersized" to give you a full feeling. Try ordering high-fiber items, and you will find this also satisfies your appetite.

Know your traffic and road safety rules

14th Flying Training Wing Safety

Recently Wing Safety has received several questions regarding traffic safety on Columbus Air Force Base. Here is a summary of AFI 91-207, "The US Air Force Traffic Safety Program" with the most common violations highlighted. Additionally, the 14th Security Forces Squadron has provided local guidance (*), where applicable, as captured in AFI 31-204/CAFBS 1. As a reminder, these rules apply to everyone on the installation including military members, civilian employees, dependants, guests, and contractors.

1) Text messaging while operating a government motor vehicle, operating a private motor vehicle on official government business or utilizing a government owned electronic device is prohibited on and off a DOD installation.

2) Using cell phones, any listening device or other hand-held electronic devices, which take attention away from operating a government motor vehicle, operating a private motor vehicle on official government business or utilizing a government owned electronic device are prohibited on and off a DOD installation. Drivers may use a single ear bud or voice-activated hands-free device, where allowed by law. However, use of hands-free devices is also discouraged as they create significant distractions from safe driving performance.

* In accordance with (IAW) AFI 31-204/CAFBS1, Air Force Motor Vehicle Traffic Supervision, Vehicle operators on a DoD installation will not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device. In 2011, 15 Armed Forces Traffic Tickets were issued to CAFB drivers who violated this policy. So far in 2012, 13 traffic tickets have been issued for this offense.

* Two key words to focus on here, the first is "use". Using a cell phone not only refers to talking on a cell phone, it also means to utilize in any capacity. CAFB drivers may not talk, text, check voicemail, update social media sights, etc., on a cell phone while operating a vehicle on a DoD installation. The next key word is "hands-free." Simply put, if the phone is in your hands, then your hands are not free (of the phone) and you will be issued a citation if caught.

3) All personnel on Air Force installations are prohibited from using portable headphones, earphones, cellular phones, iPods, or other listening and entertainment devices (other than hearing aids) while walking, jogging, running, bicycling, skating or skateboarding on any roadway, including perimeter road and base housing areas. The previous rule of one ear bud while running or walking on the roads is rescinded; however, headphones and ear buds may be used on sidewalks and on the base running track.

4) All personnel who jog, walk, or run on any roadway on Columbus AFB are required to run in the opposite direction of vehicle traffic. Personnel using the roadway during periods of inclement weather or at night are required to wear retro-reflective clothing or retro-reflective accessories visible from the front and back. This requirement does not apply to the running track.

5) Motorcycle riders are reminded that proper PPE is required to ride on base, which includes; an approved helmet (DOT, ANSI, or Snell Memorial Foundation), securely fastened under the chin, an upper garment with high visibility colors (e.g. fluorescent yellow-green, fluorescent orange-red or fluorescent red, etc.) during the day and retro-reflective properties during the night. Riders must wear full finger abrasion resistant gloves, sturdy over the ankle footwear, long sleeved shirt/jacket, long pants, and protective eye wear. All riders are highly encouraged to wear abrasion resistant jackets and trousers. Riders choosing to wear a back pack must ensure that the backpack complies with the high-visibility color and retro-reflective properties of the upper outer garment.

* IAW AFI 31-204/CAFBS1, Military members must meet all safety requirements on and off of the installation. Any person, operator or passenger found by Security Forces or Wing Safety personnel not wearing proper safety equipment is subject to lose their base driving privileges for up to 6 months in addition to administrative actions.

6) All persons who ride a bicycle, tricycle, or other human powered vehicle, including motorized bicycles, on an AF installation in a traffic environment shall wear a properly fastened and approved (e.g., Consumer Product Safety Commission, ANSI, Snell Memorial Foundation) bicycle helmet. Bicyclists will ride with the flow of traffic and utilize hand signals to alert other drivers as to their intentions when stopping or turning. During hours of darkness riders will wear retro-reflective vest/jacket or outer garment containing retro-reflective material. In addition, bicycles will be equipped with a white front light (not a reflector) visible for 500 feet and red rear reflector or light clearly visible from the rear of the bicycle from a distance of 300 feet.

* IAW AFI 31-204/CAFBS1, Any person, including dependent children, found not wearing approved safety helmets while operating a bicycle on Columbus AFB is subject to suspension from operating a bicycle on Columbus AFB for up to 14-days in addition to possible disciplinary action taken against military violators.

If you have any questions, please contact wing safety at 434-SAFE or Security Forces at 434-7214, and please, drive, run, walk or bike safely on Columbus AFB roads.

CAFB holds motorcycle rider all call

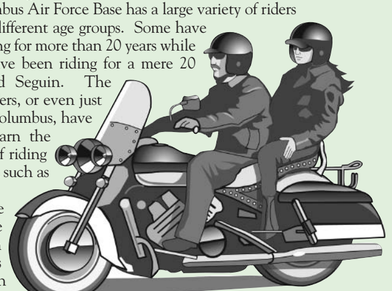
Airman 1st Class Charles Dickens
14th Flying Training Wing Public Affairs

Riders of motorcycles put themselves at risk daily when commuting to and from work or just riding out for a spin on a nice day.

In order to help mitigate this risk Columbus Air Force Base held a motorcycle rider all call April 9 at the Kaye Auditorium.

"We lose more Airmen to vehicle and motorcycle accidents than we do to flying," said Col. Barre Seguin, commander of the 14th Flying Training Wing.

Columbus Air Force Base has a large variety of riders from all different age groups. Some have been riding for more than 20 years while others have been riding for a mere 20 days, said Seguin. The newer riders, or even just new to Columbus, have yet to learn the dangers of riding in a town such as this.



"There are three main threats here in Mississippi if you ride a motorcycle; roads, night-time and other motorists," said Lt. Col. Lee Gentile, 14th FTW chief of safety.

The important thing to remember is that there are many choices available to combat these safety hazards, continued Gentile. Stay on major roads as much as possible to avoid the chance of hitting patches of unstable traction and gravel, be sure to always wear reflective gear at night and be cautious in transition areas between light and heavy traffic flows.

Also, brightly colored clothing or gear will help other motorists notice a motorcycle rider more distinctly and help them stand out.

"You know you have a low profile whenever you're driving your motorcycle, so anything you can do to bring attention to yourself is important," said Gentile.

CAFB is also holding a Motorcycle Safety Foundation Rider Coach course from April 27 to May 6 for those experienced riders interested in learning how to adequately teach and prepare amateurs with proper safety techniques and tips. Contact Mike Fischer, 14th FTW safety education and training or a motorcycle safety representative for more details.

Base News

The Base Thrift Shop

The Base Thrift Shop is open on Tuesdays and Thursdays from 9 a.m. to 1 p.m. Consignments until noon. The Thrift Shop is non-profit and all proceeds benefit CAFB Community. It is located in building 530. Phone: 434-2954.

Contraceptive Counseling Class

There are currently many safe and effective options for preventing or delaying pregnancy. The staff of the 14th Medical Group, wants to make sure you have the information you need to make your best choice. The Family Health Clinic is now offering a Birth Control Counseling Class covering topics ranging from natural family planning to tubal ligation. The class is offered once a month and taught by a Women's Health Provider and a Registered Nurse. Classes will be held at the Koritz Clinic, the last Friday of each month from 9:00 a.m. to 1030. Please call the clinic appointment line at 662-434-2273 to reserve your spot in the next Birth Control Counseling Class.

CLEP Testing Discontinued

The Columbus Education Office no longer offers CLEP exams. Computerized CLEP testing however will be available at the Mississippi State Univ. Assessment and Testing Center (http://www.ats.msstate.edu/testing/). Military members will only be charged a $23 service fee for the first-time administration of any CLEP exam at MSU. DANTES paper-based exams will continue to be administered in the CAFB Ed Office. Please call 434-2562 or 434-2563 for more information or to schedule an exam.

Motorcycle PPE at Exchange

Air Force compliant personal protection equipment for motorcycle riders is now carried at the base Exchange.

vMPF Post 9/11 GI Bill Transfer of Benefits

Members can now access the vMPF and click DoD TEB website to transfer Post 9/11 GI Bill benefits. The vMPF application will verify the Airman's eligibility to transfer benefits, provide timely notice regarding eligibility issues and allow Airmen to complete, sign, and forward the required statement of understanding to the Automated Records Management System. You can link to the vMPF through the AF Portal at https://www.my.af.mil/afpc2ww3/vmpf/Hub/Pages/Hub.asp.

DRMO as a source of supply

Authorized personnel may retrieve property that is marked for DRMO Facilities only if they are still physically located in Base Supply. For more information, call the Inspection Section at extension 434-7231 to review the property, Stock Control at 434-7198 to check for authorization and Customer Support at 434-7178 to order the property. All other DRMO processing is done via the Web at: www.drms.dla.mil.

Do you have a supply problem?

Do you need status on an item you ordered? Did you receive the wrong part? The Customer Support section is the single point of contact when requiring assistance on supply related matters. For assistance, you may contact Customer Support at 434-7178.

Attention Supply Customer

If you are looking for that special piece of equipment or furniture for your office, your point of contact is the Inspection Section of Base Supply. Inspection maintains the Last Look Area, which has used equipment and furniture turned in from other organizations. All items in the Last Look Area are available without charge to your organization. For more information, contact 434-7233 or 434-7234.

Zero overpricing program-incentive awards

Overpricing is an issue everyone should be working. All personnel are encouraged to participate, and will be rewarded for any tangible savings resulting from their price challenge. Monetary awards will be given in accordance with AFI 38-401, The Air Force Innovative Development Employee Awareness (IDEA) Program. Advice and guidance are available by calling the Customer Support section of Base Supply, located in Building 158, at 434-7178.

Airman and Family Readiness Center

(Editor's note: All activities are offered at the Airman & Family Readiness Center unless otherwise specified. For more information about any of the activities listed, call 434-2790 or email afrc@columbus.af.mil.)

Military and Family Life Consultant Program

MFLC consultants provide a non-medical counseling to help Airmen, (both single and married) their spouses and other family members to cope with stressful situations created by deployments, reintegration, and life challenges, such as martial issues, parenting, career stress and anger. All consultants are licensed mental health providers. Consultants can meet either on or off base. There is no charge for services and appointments can usually be made within one to two days. To contact the MFLC call 251-8627.

Self-paced Tutorials

Available on MS Office 2007 Suites; Access, Excel, Outlook, PowerPoint, Word and Windows Vista. Set your own learning pace at your AFRC.

Relocation assistance

Weekly workshop on programs, services and resources available through the Airman and Family Readiness Center held every Wednesday from 9 a.m. to 10 a.m. Topics of discussion include preparing for a move, environment/cultural issues or needs, adaptation and community awareness.

Employment Workshop

Workshop on local and base employment opportunities, held every Wednesday at 1 p.m.

Spouse welcome

For new personnel assigned to CAFB held every Wednesday from 10 a.m. to 11 a.m. in the Magnolia Inn lobby. Local information is presented.

Sponsorship training

An electronic version of sponsorship training called eSponsorship Application and Training (eSAT) is now available. It can be found on the MilitaryINSTALLATIONS homepage http://www.militaryinstallations.dod.mil, under "Are You a Sponsor?"

Survivor-Benefit Plan

One of the best feelings about retiring from the military Service is to know you are guaranteed a lifetime income as the result of a successful career. What about your spouse or dependent children? If you die, what guarantees do they have? Enrolling in the SBP prior to retiring will ensure they will have guaranteed income after your death. Additional details are available by calling your SBP Counselor Jamey Coleman at 434-2720.

Pre-Separation Counseling (DD Form-2648)

Mandatory briefing for personnel separating or retiring. Briefing should be completed at least 90 days prior to separation and may be completed up to 12 months prior to separation or retirement. Counseling held daily at 8:30 a.m. and takes approximately 30 minutes.

Pre and Post Deployment Tour Brief

Mandatory briefings for active duty personnel who are deploying or returning from deployment or a remote tour. Briefings are held daily at the AFRC; Pre-deployment at 9:30 a.m. and post-deployment at 1:30 p.m.

Wing Newcomers Orientation

April 17, 8 a.m. to 3:30 p.m. For newly arrived Active Duty and Civilian personnel. Spouses are encouraged to attend. Held at the Columbus Club, for more information call 434-2839.

Building Champion Fathers

April 19, 4-5 p.m., Held the CDC, Class one of a four class course designed to teach parenting skills and concepts specific to fathers, Class two April 26, class three May 3, and class four May 10, all held at the Child Development Center, call the AFRC for more information and to sign up, 434-2790.

Smooth Move

April 24, 10-11:30 a.m., a class that provides relocating members/families with valuable information about moving. Learn what to expect from TMO, Housing, Military Pay, Legal, Billeting, Tri-Care, Medical Records, and AFRC.

Chapel Schedule

Catholic Community

Sunday:
3:30 p.m. – Religious Education, grades K-9
4 p.m. – Choir Practice
4 p.m. – Confession
5 p.m. – Mass
6 p.m. – RCIA
Thursday:
4:15 p.m. – Choir Practice

Protestant Community

Sunday:
9 a.m. – Adult Bible Study
10:45 a.m. – Traditional Worship Service
6:30 p.m. – Youth Study (Grades 6-12)
Tuesday:
9:00 a.m. – Ladies Bible Study—*Believing God* by Beth Moore
5 p.m. – Lieutenants Bible Study
Wednesday:
4:30 p.m. – Choir Practice
5 p.m. – Dinner
6 p.m. – Religious Education: Adults, Children (Pioneer Clubs—ages 3-12)
Saturday:
7 a.m. – Men's Monthly Breakfast and Study—*Twelve Ordinary Men* (2nd Sat)

Spring Retreat

The Protestant Parish invites singles and families to attend its annual Spring retreat at Lake Forest Ranch near Macon, Miss., April 20-22. This unforgettable weekend retreat includes cabin, meals, breakout sessions, horseback riding, rock climbing, zip-line, hayride, s'mores at a campfire, and other activities -- all for $25 for singles and $50 for families! A worship service is scheduled for Sunday morning. To register, please bring cash or check to the Base Chapel by April 15. Please contact the Base Chapel at 434-2500 for more information.

A variety of activities are offered to base families

Name That Park Contest

Now through Mon., May 7, turn in your ideas for what to name the "Park with No Name" located on the corner of Down St. and Simler Blvd. (across from the Bowling Center). All entries will be reviewed to determine which best represents the Columbus AFB BLAZE family. The top five entries meeting this criterion will go to the BLAZE Leadership Team for final decision. The individual, Squadron or family who submits the winning entry will win an FSS pizza party at the park valued up to $100. The winner will be announced at the "Name that Park Celebration and America's Kids Run Kick Off" at the current "Park with No Name" on Sat., May 19, 9 a.m. Entries may be submitted by posting on our Facebook page at CAFB FSS Rocks or in the contest boxes located at the Bowling Center, Library, CDC or Youth Center.

Music on the Patio Returns

Music on the Patio at Whispering Pines Golf Course is back! Mark your calendars for Fri., Apr. 20, 6 – 9 p.m. The weather is beautiful and the patio is a great place to kick back and enjoy the eclectic musical sounds of Katie, Brady and Joe with friends and fantastic drink specials. No reservations are necessary to just come enjoy the fun. But if you want a barbecue dinner that night, reservations should be made by Apr. 13. The cost of the dinner is $9.95 and includes Boston butt, baked beans, coleslaw, bread, peach cobbler and a soft drink or tea. For more information or to reserve your dinner, call the Pro Shop at 434-7932.

Mongolian BBQ Night

Make your reservations now for Mongolian BBQ Night at the Columbus Club on Tues., Apr. 24. Seating begins at 5 p.m. and will continue in 30-minute increments until 8 p.m. The menu includes stir fry vegetables, chicken, shrimp, beef, steamed rice, egg drop soup and egg noodles with Chinese sugar biscuits and fortune cookies for dessert. The cost is 95 cents per ounce, and club members receive a $2 discount for each meal. Children ages 5 and under eat free. For more information or to make your reservations, call 434-2471.

Summer Day Camp

Registration begins Apr. 23 until all slots are filled for Youth Programs' fun and educational Summer Day Camp for school age youth (K-6). Slots are available on a first-come, first-served basis, and cost is based on family income. For more information, call Terri Graves at 434-2504.

Lock Up Your Teens!

Youth Programs is hosting a Live Lean Green Teen Lock In Fri., Apr. 27, 8 p.m., for youth ages 13-18. This event is free, and permission slips are required. Register by Apr. 20 by calling the Youth Center at 434-2504.

April is Month of the Military Child

Please stop by or call the Child Development Center and Youth Center for a list of activities and programs going on to celebrate the Month of the Military Child throughout the month of April. Or go to www.cafbfssrocks.com. Contact the CDC by phone by calling 434-2479 or the Youth Center at 434-2504.

British Soccer Returns to CAFB

Register now for British Soccer Camp! Camp dates are June 11-13, and ages 3-18 may participate. Cost of camp varies according to age and special sessions attended. Stop by or call the Youth Center at 434-2504 for more information or register online at www.challengersports.com.

Let's Go Cosmic

Every Monday night in April, the Bowling Center will offer Cosmic Bowling from 6 – 9 p.m. Shoe rental fees are waived with every paid game. For more information, call the Bowling Center at 434-3426.

Living Fit for Families

USAF FitFamily has created a tool to help your family get into the best shape of your lives with a simple, easy-to-use weight loss program designed just for you. We know you're busy, and this program is sure to fit your lifestyle and needs. Just create a plan. Follow it. Lose weight. It's that simple. The program includes menu plans and other weight loss tools. Sign up today at www.usaffitfamil.com.

Attention, Gym Rats!

There will be a Bench Press Competition at the Fitness Center on Mon., Apr. 16, 4:30 p.m. Males or female, participate in the One-Rep Max and/or Max Reps events to qualify for the "300 Club" or the "Elite 400". Qualifiers receive a recognition t-shirt. All rules and weight classes are per AAU standards. Weigh-ins and sign ups welcome up to the event start time. For more information, call the Fitness Center at 434-2772 or 2775.

Four-Person Disc Golf Tournament

The Fitness Center is taking sign-ups for a 4-person scramble disc golf tournament on Fri., Apr. 27. Play begins at 4:30 p.m. If you have trouble getting a team together, we may be able to help. For more information or to register your team, call 434-2772 or 2775.

Swing into Spring

Now through Apr. 30, everyone can enjoy discounted greens fees at Whispering Pines Golf Course. Play 18 holes with a cart for just $18, Mon. – Thur., and only $22, Fri. – Sun. For more information, call the Pro Shop at 434-7932.

More Time to Get Your GIVE On!

Giving is good…so the Child Development Center and Youth Programs has joined forces for a community wide service initiative. They will be collecting paper, crayons, markers and other simple arts and craft items to comfort hospitalized children in our local community. Drop off any of these items at the CDC or Youth Center by the end of April. For more information, please call 434-2479 or 434-2504.

Blue or Green Plate Specials?

Yes, that's right! You can get either a blue or green plate special for lunch during the week right here on base. Both offer great food choices at fantastic prices. The Columbus Club offers a daily blue plate special Mon.-Thur., 11 a.m. – 2 p.m., for just $7.95 for nonmembers and $6.95 for members. Whispering Pines Golf Course offers a green plate special Tue.-Fri., 11 a.m. – 2 p.m., for just $6.95. Drinks are included in prices. For more information, contact the Club at 434-2419 or the Golf Course Pro Shop at 434-7932.

Daily Fitness Classes Available

Columbus AFB Fitness & Sports offers a variety of heart-pumping, sweat-inducing classes throughout the week including weekday spin classes, Mon., 11 a.m., Wed., 11 a.m. and 5 p.m., Tues. and Thurs., 5 p.m. There's a Stroller Fitness Class, Tues., 9 a.m., beginning at Freedom Park. Come check out Zumba every Tues. and Thurs., 11:30 a.m., and circuit training classes on Tues. and Thurs., 5:30 p.m. For more information, call 434-2772 or go online to www.cafbfssrocks.com and click on the link to the Fitness page.

Framing and Engraving at Great Prices

Don't forget to "Shop CAFB First" when you are looking for the perfect gift! Arts and Crafts custom frames and engraves just about anything for prices much lower than you'll get in town. For more information, stop by or call 434-7936.

Check Out the New Books!

The Columbus AFB Library is now receiving a steady flow of new books to include adult best-sellers and children's new favorites. Also, soon to arrive are new teen books and updates to the non-fiction collection. Stop by your Base Library today to see what's arrived so far!

Car Maintenance on Base

Don't forget you can get your general automotive maintenance and repairs at the Auto Hobby Shop right here on base and even while you work. If you are a do-it-yourselfer or shade-tree mechanic, Auto Hobby offers a wide array of tools and equipment. For more information and pricing, drop by Auto Hobby or call 434-7842.

Hot and Easy to Use - FSS Gift Cards

These gift cards are available in increments of $5 to fit any budget. They can be used at most FSS facilities (golf, bowling center snack bars, clubs) at Air Force installations WORLD-WIDE…and they never go out of style. FSS gift cards can be purchased at Whispering Pines Golf Course, Strike Zone Lanes or at the Youth Center.

Instructional Classes at Youth Center

Youth Programs is offering piano lessons, guitar lessons, tumbling classes, dance classes and martial arts instruction. Time and ages vary for all classes. Call 434-2504 or stop by the Youth Center for more information.

Get off the Couch and Play!

Columbus AFB has an 18-hole disc golf course across the street from the Fitness Center. The course's layout includes par threes, fours and fives plus lots of trees making it great for beginners or pros alike. So grab your friends or family and a disc and have some fun! Disc sets are available for check out at the Fitness Center. Call 434-2772 for more information.

It's Like FREE Money!

Single airmen returning from deployment and families of deployed members can receive up to $500 in special discounts and rewards through participating FSS facilities and programs. Get discounted trips at Information Tickets and Travel, rent equipment from Outdoor Recreation, play a round of golf, participate in a golf clinic, or go bowling with a friend. These are just some of the offerings through the PLAYpass program. To find out if you are eligible for a PLAYpass card, visit www.MyAirForceLife.com or call the A&FRC at 434-2790.

Share Your Knowledge

Volunteer tutors are needed for all subjects and all grades. Tutoring will take place at the Youth Center between the hours of 2:30 and 6:30 p.m., Mon.-Fri. For more information, contact Ms. Terri Graves at 434-2504.

Deep Disney Discounts Extended

There's still time to get the kids to the Disney parks in Florida for a great price! Disney Military Salute has extended the deeply discounted ticket specials to Sept. 30, 2012, along with an increase in the number of tickets available at the special prices at Columbus AFB's ITT office. For more information about this and other fun, affordable vacation ideas, contact Outdoor Recreation/ITT at 434-2505/2507.

Your momma wears combat boots

Col. Michael Underkofler
514th Air Mobility Wing

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — On the small-town playground of my childhood, the comeback quip of last resort after being physically or verbally pummeled was "Well, your momma wears combat boots."

It was the juvenile equivalent of today's profane four-letter bombs, but with bigger consequences. If used, the surrounding crowd within earshot would in unison let out an "Aahhh, you're going to get it."

Not many dared to use this double-whammy epithet. First, after a rough and tumble fight, most didn't have the chutzpa to disparage someone's mother. Even the schoolyard bully recognized that this was not polite. By doing so, the user might get pummeled further and would probably get a mouth washing with a bar a soap when he got home.

Second, to ascribe warrior status to a real woman was something really unheard of too. After all, in most boys' eyes in my hometown, mothers and grandmothers were doting, white pearl- and sensible shoe-wearing pecan pie bakers; certainly not warriors.

The only combat boot-wearing women my prepubescent friends knew, and possibly admired, were Hippolyta and Wonder Woman. The former was the warrior queen in Greek mythology whose magical belt was recovered by the uberman and demigod Hercules during his 12 labors.

The latter woman warrior was equally as proficient in hand-to-hand combat and was known to fight for just causes. For example, she joined other comic book heroes in the Justice League to help defeat the Axis powers.

Both Hippolyta and Wonder Woman were Amazons. Both were fictional. Therefore both were considered OK by my friends.

I always found my buddies' youthful prohibition against real women wearing combat boots in stark contrast to my hometown's and my families' real history.

Ignorance is powerful, but education is even more so.

Women in my hometown were more than just pecan pie bakers. Since colonial times, they were leaders and advocates confronting wars and difficult issues head on. In 1774, a group of 51 women vowed to give up tea and boycott other British products in response to new taxes levied by Parliament.

At their tea party, these North Carolina women resolved to stand firm in their efforts "until such time that all acts which tend to enslave our native country shall be repealed." They bravely signed a well-reasoned and well-structured document for the crown to see, choosing not to hide behind Indian costumes as others had done at the more famous Boston Tea Party.

In doing so, these women created the first instance of organized political action by women in the colonies. They didn't stop there.

While not serving directly on the battlefield, many played key roles supporting the war for independence. The same was true throughout the colonies. But in some places, though, women were on the frontlines at gun emplacements, reloading canons and muskets, or tending the wounded.

Bravery didn't die with those women. It continued generation after generation in both political activism and in combat. In reality, they were wearing combat boots even if not formally acknowledged.

It's possible that some of the women in my family were involved in early American conflicts, but sadly that history is lost. I do, however, know and relish the service of recent family members.

A great aunt wore combat boots in World War II Europe. She earned a Bronze Star Medal long before women were officially allowed to serve in combat. Later, she transferred from the Army to the Air Force when the new air-centric service was founded. At her retirement, she was chief of her medical corps and the senior-ranking woman in the Air Force.

My mother wore her combat boots in the Cold War, working hard to provide top-flight medical care to injured servicemen and women, sometimes in really austere conditions.

Unfortunately, she served when women had to be discharged when they became pregnant. If allowed to serve longer, I'm sure she would have had as equally a distinguished career as my aunt.

Finally, my wife wore her combat boots in the air above and on the ground in the jungles of Central America, the deserts of Southwest Asia and in other places that can"t be mentioned.

She ended her career as an instructor at Air University helping the next generation of leaders understand the history of airpower and ponder its future applications.

Three combat boot-wearing women from three generations worked hard to defend and strengthen our country. As we like to say in our family, not all women wear pearls and sensible shoes to work, some wear dog tags and combat boots.

Just as I tell the stories of the women warriors in my family, I encourage you to tell the stories about yours, especially to your kids and grandkids. They will cherish them.

Every day women in our country put on combat boots and serve in the air, on the ground and on the seas. While we may define and redefine what it means to serve in combat, make no mistake, women have always served in harm's way. The war today clearly demonstrates the vulnerability of all of us and the evolving nature of warfare. We couldn't fight it as well as we have without the contributions of our women warriors.

Other women may not have formally served in the military, but nonetheless were not afraid to stand up to fight against injustice. Without their service, we would not have gained our independence, defeated tyranny in many wars, built the weapons of war and protected our homeland. Their stories are worth retelling too so future generations can become just as resolute to support just causes.

Throughout the year, tell the stories of women warriors and political activists, but tell them even more loudly during Women's History Month. Let's be proud to say on the playground of adulthood, "well, my momma wore combat boots".

I know I am.

Moral courage takes action despite consequences

Lt. Col. John Bosone
56th Operations Support Squadron

LUKE AIR FORCE BASE, Ariz. — Physical courage is a quality rightfully associated with military members. Tales of battlefield heroics from Greek mythology through present day are replete with names synonymous with great physical courage. Hearing names such as Hercules, Perseus, Levitow, and Sijan summon powerful images of these larger than life warriors.

Serving downrange and living apart from one's family takes courage. It takes courage to answer our nation's call, to enlist and to excel during training. Physical and mental courage are requisites to serve one's country. While the needs of the Air Force require discipline, integrity and physical strength we cannot fulfill our duty lacking another requisite — moral courage.

Mark Twain wrote "It is curious that physical courage should be so common in the world and moral courage so rare." Moral courage can be described as doing the right thing even at the risk of inconvenience, ridicule, punishment, loss of job or security, or social status. It means taking action for moral reasons despite the risk of adverse consequences. Defining moral courage takes only a few minutes of research and critical thought. But, demonstrating moral courage in a military organization is sometimes much more difficult due to supervisory hierarchies and perceived cultural and group norms. Demonstrating moral courage can be therefore especially challenging for our youngest Airmen.

We all have the potential to demonstrate moral courage, to show character in the face of difficult situations. Taken individually the following examples may appear minor, but when the concepts manifested in these examples are applied across an organization, the effect can be powerful.

It takes moral courage to refuse to listen or repeat gossip; to report crimes or serious violations of regulations; to correct standards of conduct; to call "knock it off" when a joke is inappropriate; to stand up against group norms when a trainee's feedback becomes personal; or to speak up when the status quo conflicts with the "right thing to do."

When we listen to our instincts, our conscience and that quiet voice within, we can make the tough calls. The risk associated with demonstrating moral courage must be met with an equally supportive and engaged chain of command.

Squadrons exist and are organized to accomplish the mission while developing Airmen. Today's E-1s and O-1s are the Air Force's chiefs and generals of tomorrow. We're in the business of creating Airmen who are absolute masters of their craft while simultaneously developing these Airmen to be leaders. As an enduring organization we are in fact training our replacements. Every commander I have worked with shares a desire to develop competent, well-rounded, morally and physically fit Airmen. There must not be any barriers to achieving this end.

The chain of command is there to serve. Do not be afraid to ask for advice if you feel there is something holding you back from fulfilling your potential. Do not be afraid to go to them for help when you find yourself in a situation that doesn't fit your moral standard. If your front line supervisor does not satisfactorily address the situation you are encouraged to further elevate. By no means is this a suggestion that we "tattle" on each other, but when your instinct suggests we are deviating from the "right thing to do," take risk, exercise Herculean moral courage ... act.

One team one fight

Lt. Col. Craig Shenkenberg
43rd Flying Training Squadron Commander

Good day Team BLAZE! We are so very fortunate to have the ability to serve our Air Force, our nation and our local community. I am honored to have the opportunity to offer comments for this edition of Silver Wings. As you know, the Air Force Reserve 43rd Flying Training Squadron "Firebirds" is part of Team BLAZE and I would like to share some reflections on what it means to partner with the 14th Flying Training Wing in Producing Pilots, Advancing Airmen, and Feeding the Fight. To start, you need to know who we are and where we come from as Reservists.

The 43rd started as a flight in 1997 flying T-38 Talons. The flight was so successful in augmenting the 50th Flying Training Squadron, we grew into a squadron. We have 32 full-time military Active Guard or Reserve members, 70 Traditional Reservists and one civilian. Together we are divided into our command section and five flights embedded into the host active duty squadrons. The reason why we are here is simple - to augment the active duty Air Force in meeting pilot production goals and to backfill the active duty members in times of national crisis.

Our mission is to provide a cadre of highly experienced instructors to augment the active duty. In case of war or crisis, and if the active duty deploys their pilots to fulfill mission requirements elsewhere, we mobilize our Traditional Reservists and continue the Specialized Undergraduate Pilot Training pipeline. Although this has not yet come to pass, we enjoy a healthy and productive relationship in the spirit of Total Force Initiative with our active duty brethren.

As Commander, I do not differentiate between a Traditional Reservist and active Guard/Reserve member. We are all Firebirds. In the same tone, I do not differentiate between Active Duty and Reserve members. We are all part of Team BLAZE. If you stroll through the 14th Operations Group and the flying squadrons, you will find Firebirds scattered around, occupying different active duty positions. For example, Lt. Col. Partain served as 50th FTS Director of Operations for approximately six months last year, Maj. Lee Glenn is the 14th Operations Group T-6 Standardization and Evaluation Side-Chief, Maj. Jason Hurst is the 48th FTS Check Flight Commander, Maj. Andrew Yingst is an Assistant Director of Operations for the 37th FTS, Maj. Edward Ellis is an Assistant Director of Operations for the 49th Fighter Training Squadron and Senior Master Sgt. Renee McCollum assists with the duties of 1st Shirt for the Operations Group. I deeply appreciate the 14th FTW inviting us to serve in key positions to bring experience and continuity to Team BLAZE. We humbly serve both the 14th FTW and the surrounding community.

Although we have members who travel in to serve from all over the country, the majority of 43rd members live locally. Most of our members enjoy community service through a variety of service organizations. In particular, Maj. Brett Robinson and his wife Liz run the Hands Across Columbus charity that delivers meals during the Christmas holiday, and Maj. Esther McElhinney runs the Columbus Upward basketball league each winter. If you need any help in finding someone in the community who can assist with a need, such as car repair, a church to join, the best restaurants or a close-by getaway… ask a Firebird! We can provide you information to contact the right folks. Most of us have been a part of Team BLAZE for a very long time. I have been since 1996 and I am not out of the ordinary for a Firebird. One thing that ties us all together is the love of the mission and country.

If you ask any pilot in the USAF who has been an Instructor Pilot in SUPT, they will tell you that the assignment was the best in their career. There is ownership, and a lot of reward involved in taking a young aviator and mentoring them from front gate to graduation. There is not a pilot in the Air Force who has not been instructed by a Reservist since 2000, and we love what we do for numerous reasons. One large reason is that we are considered part of Team BLAZE, and integral members of the SUPT pipeline. We value our active duty teammates and they value us. I don't think you will find a better example of Total Force Integration in our military and a more proud community than Team BLAZE.

One team… ONE FIGHT!!!

U.S. Air Force photo/Airman 1st Class Chase Hedrick

Capt. Brady Grebenc, 43rd Flying Training Squadron walks out of the 43rd FTS command section on April 11. The 43rd FTS is spread out throughout the other flying training squadrons to help provide the best Total Force Integration possible.

U.S. Air Force Photo/Airman 1st Class Charles Dickens

Maj. Chad Elwood, 43rd Flying Training Squadron chief of training, briefs Capt. Russel Fortin, Specialized Undergraduate Pilot Training student, before a flight. The 43rd FTS is one of six geographically separated units that is a part of the 340th Flying Training Group.

U.S. Air Force Photo/Airman 1st Class Charles Dickens

Maj. Chad Elwood, 43rd Flying Training Squadron chief of training, and Maj. Joseph Vocca, 43rd FTS section chief, check their aircraft before heading out on a check ride. The 43rd FTS is controlled by the 340th Flying Training Group but is operationally supported by the active duty members of Columbus Air Force Base.

U.S. Air Force Photo/Airman 1st Class Charles Dickens

Master Sgt. Ladrena Choice, 43rd Flying Training Squadron helps an Airman process into the squadron. The 43rd FTS is an Air Force Reserve Command squadron located on Columbus Air Force Base.

U.S. Air Force Photo/Airman 1st Class Charles Dickens

Lt. Col Barry Tye, 43rd Flying Training Squadron senior instructor, demonstrates a proper flight pattern. 43rd FTS members instruct students in the T-38C, T-6A, and T-1 aircraft and help conduct Introduction to Fighter Fundamentals which introduces students to the AT-38C.